

Module 3: Making Changes in Behavior for Better Health

Handout G: Batting Practice

Group A: You are the pitchers on the team. You can't hit and you don't intend to learn to hit better. You are convinced that what the team needs is:

- A different pitching rotation.
- More team meetings to review games.
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Group B: You are older players who have seen this team go up and down. You have been thinking about what the team needs to improve its performance and you believe:

- We could use more batting practice.
- We also need more fielding practice.
- We soon will face some really lousy teams, so maybe we don't need to change just now.
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Handout G: Batting Practice (continued)

Group C: You are enthusiastic rookies eager to try anything to improve the team. You have been listening to the coaches and fully agree that this team needs batting practice. You believe this because the team batting average is below .225 and last year the team had great hitters and won the pennant. You are:

- Studying the hitting patterns of the league's best hitters.
- Looking at catalogues for new bats.
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Group D: You are a group that has decided batting practice is needed, and already have started to work on it by:

- Pairing up to practice your swings.
- Lifting weights to increase the power of your swing.
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Handout G: Batting Practice (continued)

Group E: You are the team's star hitters. You have always been good hitters, and this year you average over .300. A couple of you, however, have been in slumps this month. You believe that the team needs:

- Longer practices.
- Another batting coach to offer more support, because you are a bit depressed about the slumps.
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